



Taking Advantage of Your Preventive Care Coverage from UnitedHealthcare

Your medical benefits include coverage for preventive care services from network physicians and other health care professionals, to help you stay healthy and detect problems early.

Disease prevention and early detection are important to living a healthy life.

The better your health, the less your health care costs. Preventive services include wellness examinations and diagnostic tests such as cancer screening.

The following are preventive care services recommended by the U.S. Preventive Services Task Force (USPSTF) to help you and your family prevent illness or detect and treat it early. Please discuss with your physician the importance of preventive care and the types of services you should consider. Refer to your benefit plan materials or call the toll-free number listed on your medical ID card for more information about how these services are covered and paid by your plan.

Important Notes:

- Health care is very personal. We are providing these guidelines to help you discuss with your physician what services you may need. Although you and your physician should consider these trusted guidelines when making health care decisions, you both must use your independent judgment in determining care, and your physician should use his/her clinical discretion when advising you about your care.
- For the most recent guidelines from the USPSTF, go to www.preventiveservices.ahrq.gov

Clinical Preventive Services for Children and Adolescents

(Birth to 18 Years)

Immunization

Range of Recommended Ages													
Catch-up Immunization													
Pre-adolescent Assessment													
Vaccine ▾	Age ▶	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-8 yrs	11-12 yrs	13-18 yrs
Hepatitis B		HepB#1*		HepB#2			HepB#3					HepB Series	
Diphtheria, Tetanus, Pertussis				DTaP	DTaP	DTaP		DTaP			DTaP	DTaP	DTaP
Haemophilus Influenzae Type b				Hib	Hib	Hib	Hib						
Inactivated Poliovirus				IPV	IPV		IPV				IPV		
Measles, Mumps, Rubella							MMR#1				MMR#2	MMR#2	
Varicella							Varicella				Varicella		
Pneumococcal				PCV	PCV	PCV	PCV			PCV	PPV		
** Hepatitis A											Hepatitis A Series		
Influenza											Influenza (yearly)		
Meningitis												MCV4	

*only if mother HBsAg(-)

**Vaccines below this line are for selected populations.

Screening

Age	Screening	Test Frequency
Newborn	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism)	Once
Birth-2 months	Head circumference	Periodically
Birth-18 years	Height and weight	Periodically
1 year	Lead	Once
3-4 years	Eye screening	Once
Younger than 5 years	Dental	Periodically

Counseling

As your child grows, talk to their physician about:

- Development
- Dental and oral health
- Child abuse
- Sexually transmitted diseases
- Nutrition
- Safety
- Alcohol and drug abuse
- Birth control
- Physical activity
- Tobacco use
- Sexuality

Clinical Preventive Services for Normal-Risk Adults

Recommended by the U.S. Preventive Services Task Force

	Range of Recommended Ages														
Years of Age	4	18	25	30	35	40	45	50	55	60	65	70	75		
Screening															
Blood Pressure, Height, and Weight	Periodically														
Obesity	Periodically														
Cholesterol					Men: Every 5 Years										
							Women: Every 5 Years								
Pap Smear	Women: Every 1 to 3 Years														
Chlamydia															
Mammography						Every 1 to 2 Years									
Colorectal Cancer*								Depends on Test							
Osteoporosis												Routinely			
Alcohol Use	Periodically														
Vision, Hearing												Periodically			
Immunization															
Tetanus-Diphtheria (Td)	Every 10 Years														
Varicella (VZV)	Susceptibles Only-Two Doses														
Measles, Mumps, Rubella (MMR)	Women of Childbearing Age-One Dose														
Pneumococcal												One Dose			
Influenza								Yearly							
Chemoprevention															
Assess cardiovascular disease risk and discuss aspirin to prevent CVD events						Men: Periodically									
								Women: Periodically							
Counseling															
Calcium Intake	Women: Periodically														
Folic Acid	Women of Childbearing Age														
Breastfeeding	Women After Childbirth														
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy	Periodically														

Upper Age Limits Should Be Individualized For Each Patient

*See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

It just makes sense.®

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